



20. Rennsteig-Staffellauf  
Blankenstein bis Hörschel / 23.06.2018

Detailed evaluation

fit & run Irrläufer

Number: 511

Course: 168.97 km  
Blankenstein-Hörschel

Category:  
Mixstaffel

Total time: 15:01:11

Speed: 11.19 km/h

Running performance: 5:20 min/km

Rank in course: 117 (of 228)

Best time in course: 10:30:32

Rank in category: 21(of 70)

Best time in the category: 11:22:39

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Grumbach	17.60	1:21:10	4:36	12	11:25	39	15:46	17.60	1:21:10	4:36	12	11:25	229	15:46
Schildwiese	18.58	1:17:50	4:11	7	6:01	22	12:01	36.18	2:39:00	4:23	6	15:51	229	27:47
Neuhaus	13.54	1:32:43	6:50	65	33:41	220	40:12	49.72	4:11:43	5:03	15	48:15	229	1:07:41
Masserberg	19.86	1:44:24	5:15	28	25:46	113	27:53	69.58	5:56:07	5:07	14	1:12:27	229	1:35:23
Allzunah	17.89	1:47:46	6:01	44	36:32	174	40:14	87.47	7:43:53	5:18	18	1:42:15	229	2:13:28
Grenzadler	19.96	1:45:43	5:17	46	29:38	158	31:29	107.43	9:29:36	5:18	22	2:10:14	229	2:41:06
Neue Ausspanne	13.68	1:29:23	6:32	58	31:27	211	40:19	121.11	10:58:59	5:26	25	2:41:41	229	3:21:25
Kleiner Inselsber	13.90	1:20:15	5:46	35	24:09	160	30:59	135.01	12:19:14	5:28	23	3:05:50	229	3:48:54
Hohe Sonne	18.94	1:28:53	4:41	14	20:04	46	22:24	153.95	13:48:07	5:22	22	3:25:54	229	4:09:28
Hörschel	15.02	1:13:04	4:51	13	15:39	59	21:11	168.97	15:01:11	5:20	21	3:38:32	117	4:30:39